



2005 White House
Conference on Aging
Healthy Living Celebration!

Cotillion Ballroom
Sunday, December 11, 2005
1:30-4:00 pm
Marriott Wardman Park Hotel
2660 Woodley Road, N.W.
Washington, DC

Healthy Living Celebration!

Agenda

1:30 pm Welcoming Remarks

Dorcas Hardy

Chairman, Policy Committee

2005 WHCoA

1:35 pm Melissa Johnson

Executive Director

President's Council on Physical

Fitness and Sports

1:40 pm Delegate Mark Zeug

Chairman, National Senior

Games Association

1:45 pm Nutrition and Healthy Living

Mollie Katzen

Renowned Cookbook Author

2:20 Activity Sessions I

Dancing Grannies Washington 5

Ya-La Dancing Washington 4

Tai Chi Salon I

Thera-Band Cotillion South

Healthy Living Celebration!
Agenda Cont.

2:40 pm Activity Session II

<i>Dancing Grannies</i>	<i>Washington 5</i>
<i>Ya-La Dancing</i>	<i>Washington 4</i>
<i>Tai Chi</i>	<i>Salon I</i>
<i>Thera-Band</i>	<i>Cotillion South</i>

3:00 pm President's Challenge

Recognition Ceremony

Dot Richardson

*Vice Chairman, President's Council
on Physical Fitness and Sports*

3:15pm Profiles in Wellness

**Recognition Ceremony and
Charge for the Delegates**

Dorcas Hardy

*Chairman, Policy Committee
2005 WHCoA*

3:30 pm Conclusion of the Healthy Living Celebration

***PLEASE NOTE: ALL EVENTS WILL BE HELD IN THE COTILLION
BALLROOM
UNLESS OTHERWISE NOTED***

***DON'T FORGET TO VISIT THE
2005 WHCoA/AoA "YOU CAN !" WALKING TRAIL
LOCATED ON THE LOBBY LEVEL!***

2005 White House Conference on Aging and the President's Challenge Physical Activity and Fitness Awards Program

The 2005 White House Conference on Aging (WHCoA) is working with the President's Council on Physical Fitness and Sports to promote physical activity/fitness and health across the life span before, during, and after the WHCoA scheduled for December 11 -14, 2005 in Washington, DC.

We invite all delegates to consider joining us in the "2005 White House Conference on Aging's President's Challenge." The President's Challenge, a program of the President's Council on Physical Fitness and Sports, has 3 distinct program areas, is free and motivational, and is designed to help all Americans adopt and maintain an active lifestyle. What began as a national youth fitness assessment has grown into a series of programs that encourage healthier lifestyles for Americans, with or without disabilities, ages 6 to 100+. To learn more about the President's Challenge, go to <http://www.PresidentsChallenge.org>

The President's Council on Physical Fitness and Sports and the WHCoA invite all interested parties to participate and sign up for the Presidential Active Lifestyle Program (PALA) or the Presidential Champions Program. Both of these programs are designed to help individuals make and keep a commitment to staying active.

The Presidential Active Lifestyle Program helps adults and seniors get and stay active for at least 30 minutes per day, five times per week, for six weeks. Individuals who meet their activity goals earn an official President's Challenge award. Once you earn an award through the PALA Program, you can continue to earn awards through this program by increasing your segments of time to reach 30 minutes, or progress to the Presidential Champions Program.

The Presidential Champions program is designed for people who are already physically active and want to step up to a new challenge. All activity counts!! To participate in either of these programs, simply register at http://www.PresidentsChallenge.org/login/register_individual.aspx.

To learn more about the benefits of physical activity and how to become more active, go to <http://www.fitness.gov/fitness.htm>

We hope all delegates will join us in the effort to become active role models so we can walk the talk and encourage others to lead healthier lifestyles. A major goal of the 2005 WHCoA is to encourage healthy living for all, but especially for current and future generations of older Americans. Please join us on a journey toward healthy living!

**Congratulations to those who completed the 2005 WHCoA
President's Challenge Program!**

Norman Abeles
Dr. Amy Ai
LaVerne Alexander
Sandra Anderson
Georgia Anetzberger
Milton Aponte
Magaly Arias-Petrel
Bonnie Athas
Ernest Chuck Ayala
Lt. Governor Catherine
 Baker Knoll
Ann Bannes
John Barnett
Cheryl Bartholomew
Mary Beals Luedtka
Mr. AJ Benintende
Dr. Judy Black
Eve Boertlein
Antionietta Boucher
Elaine Brovont
Cathy Brown
Fran Brown
S. Ward Casscells
Dr. Christine Cauffield
Judy Cederholm
Lawson Chadwick
Rosemary Chapin
Frieda Clark
Sandra Cortese
William Dailey Jr.
Walter De Foy
Stephen Devaney
Anne Dickerson
Marilyn Ditty
Bethany Dougherty
Ramona Dover Kennedy
Gloria Duran
Nelson Durgin
Katie Dusenberry
Linda Engelbrecht
Celia Esquivel
Michael Farley
Anwar Feroz-Siddiqi

Michael Farley
Anwar Feroz-Siddiqi
Patricia Finder-Stone
Paula Fong
Dr. Moira Fordyce
Naomi Fukagawa
Dr. Mary Furlong
Joyce Gallagher
Dr. Richard Gans
David Geist
Lester Gingold
Phil Godfrey
Phyllis Golden
Dr. Erica Goode
Keith Gooden
Harriet Goodwin
Richard Greenberg
Cathy Grimm
Lawrence Herman
Tom Hylemon
Jan Hively
Jeffrey Hoffmann
Warren Housley
Rena Iacono
Fidela Irigoyen
Jamie Ison
Pamela Johnson Betts
Hon. Patricia Jones
Julie Jow
Ellie Jurado-Nieves
Glenda Kane
Vivienne Kerns
Dr. Jeffrey Kerr
Esther Koch
Henry Lacayo
Susan Lather
Rebecca Liebes
Eileen Luisi-Hayward
D. Jane Maloney
Mary Martinez
Anne Mason Taylor
Gloria McCutcheon
Mary Louise McCutcheon

Karen McKibben
Peggy Miller
Patricia Miller
Dr. Marva Mitchell
Dr. Stephen Montamat
Sheri Montgomery
Hon Ruby Moy
Marie-Elena O'Connor
Alice O'Reilly
Variny Paladino
Michelle Park Steel
Shelly Peterson
Jean Roesser
Donald Roskopf
Sheila Salyer
Glady Schroeder
Leonard Sempier
Sue Shaw
Tom Shea
Aaron Simonton
Dr. Kathleen Spears

Alice Spratley
Ernesto Stolpe
Phyllis Suhar
Dr. Louis Sullivan
Fran Symms
Mickie Timmons
Penny Troolin
Florence Turner
Dr. Michael Wasserman
Dr. Wilfred Watkins
Jane Watkins
Doug Wilkinson
Betty Wiser
Patricia Wojcik
Ginny Wood-Bailey
Dr. Cheryl Woodson
Allan Zaback
Carol Zernial
Mark Zeug

**2005 WHCoA Recognizes the
PROFILES IN WELLNESS PARTICIPANTS**

For Their Outstanding Commitment to Healthy Living!

The 2005 White House Conference on Aging (WHCoA) recognizes the importance of leading a healthy lifestyle. A major goal of the 2005 WHCoA is to encourage healthy living for people of all ages.

In addition to encouraging delegates to participate in the “2005 White House Conference on Aging President’s Challenge” program, the 2005 White House Conference on Aging would also like to commend those delegates who have already shown a dedication to health and wellbeing through positive lifestyle changes. Achievements such as lowering cholesterol through diet, adopting a regular exercise program or smoking cessation are phenomenal and deserve recognition.

The delegates profiled on the 2005 WHCoA website serve as examples to all Americans, illustrating that a healthy lifestyle is achievable!

Amy L. Ai, Ph.D.
Lourdes Alvarado-Ramos
Evangeline Austin
Lieutenant Governor
Catherine Baker Knoll
Ann Bannes
Cheryl Bartholomew
Chris Baumgardner
Eileen Bostwick
James B. Conroy
Howard Cowen, DDS
Edward Creegan
Charles Crowder
Steve Devaney
Bill Dukes
Robert P. Dwyer, Ph.D.
Lester F. Gingold
Eileen Hayward
Jan Hively
Cecelia Hurwich, Ph.D.

Jamie Ison
Esther Koch
Bernice A. Morfin
Denise Nelsen
John Ortega
Judi G. Reid
Lori Ross
Sue Shaw
Ovarie Smith
Ernesto Stolpe
Dixie Taylor-Huff
Carl W. Toepel
Monica Walters
Michael R. Wasserman, M.D.
Steven P. Weiniger
Gloria Willich
Gayla S. Woody
Gella M. Works
Kent G. Yohe

The 2005 WHCoA and the President’s Council on Physical Fitness and

Sports greatly appreciate the support and generosity of:

- **United States Administration on Aging/
“You Can” Campaign**
 - **Senior Games Association**
 - **The Dancing Grannies**
 - **Laurent Amzallag**
 - **The Tai Chi Study Center**
 - **Dr. Michael Rogers**
 - **Thera-Band**
 - **The Coca-Cola Company**
 - **Rickman Photography**

The following websites provide additional information on The President's Council on Physical Fitness and Sports, the 2005 WHCoA, and general information about leading a healthy lifestyle:

2005 White House Conference on Aging

<http://www.whcoa.gov>

The President's Council on Physical Fitness and Sports

<http://www.fitness.gov>

The Administration on Aging

<http://www.aoa.gov>

The President's Challenge

<http://www.presidentschallenge.org>

The National Senior Games Association

<http://www.nsga.com>

My Pyramid.Gov

<http://www.mypyramid.gov>

The Centers for Disease Control and Prevention

www.cdc.gov



THE
BOOMING
DYNAMICS
OF AGING

From Awareness to Action